



# Blueberry Chicken Pasta Salad with Field Greens

**Prep time:** 30 minutes

**Makes:** 4 Servings

Lively mix of fresh blueberries, red pepper, whole-grain penne pasta and field greens tossed with a blueberry vinaigrette.

## Ingredients

For the blueberry vinaigrette

**1/2 cup** fresh blueberries

**2 tablespoons** extra virgin olive oil

**2 tablespoons** balsamic vinegar

**1/2 teaspoon** Dijon mustard





**2 teaspoons** honey

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>390 mg</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	2 g
Cholesterol	70 mg
<b>Sodium</b>	<b>250 mg</b>
<b>Total Carbohydrate</b>	<b>41 g</b>
Dietary Fiber	7 g
Total Sugars	14 g
Added Sugars included	3 g
<b>Protein</b>	<b>32 g</b>
Vitamin D	0 mcg
Calcium	62 mg
Iron	3 mg
Potassium	486 mg

N/A - data is not available

## MyPlate Food Groups

	Fruits	1/2 cup
	Vegetables	3/4 cup
	Grains	1 ounce
	Protein Foods	3 ounces

**1/4 teaspoon** salt

For the Salad

**1 1/2 cups** fresh blueberries

**3 cups** cooked whole grain penne pasta (cooled)

**12 ounces** cooked chicken breast (sliced)

**4 cups** field greens

**1/2 cup** red onion (chopped)

**1** medium red bell pepper (chopped)

## Directions

1. Blend vinaigrette ingredients in a blender, set aside.
2. In a medium size bowl, toss all ingredients with dressing.

## Notes

**Weekly Meal Planning Tip:** When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for use in this salad.

**Source:** Produce for Better Health Foundation